



Music and Meditation: The Sound of Healing

Vaniki Lohani

Department of Economics,
Govt. P.G. College, Noida, (G.B. Nagar)

Article Information	Abstract
<p>Article history: <i>Received: 19.05.2012</i> <i>Revised: 21.08.2012</i> <i>Accepted: 18.09.2012</i></p> <p>Keywords: Ragas Disorders</p>	<p>Today we are living in the sea of chemicals using them in most of our daily activities which are responsible for creating most types of disease and disorders in our human body. Moreover daily fast moving routine does not give us time to relax our mind and body which in turn leads to depression and various other types of mental disorders. With this paper you would be able to understand how various raagas of classical music can help you to meditate and keep your mind and body fit. It shows you how to proceed with kundalini jagran through instrumental music.</p> <p style="text-align: right;">© 2012 IAMT. All rights reserved.</p>

1. INTRODUCTION:

In the 21st century busy life a person is so much stressed that it negatively affects its working efficiency. Working stress creates lots of problems, right from physical body pain to cardiovascular malfunction, blood pressure, depression and other nervous system problems. There is no doubt that drugs cannot cure these body malfunctions but on the other side these drugs provide short term relief and they also bring some side effects uninvited with them.

Music Therapy is the unique application of music to enhance personal lives by creating positive changes in human behaviour. It is an allied health profession utilizing music as a tool to encourage development in social/ emotional, cognitive/learning, and perceptual-motor areas. Music Therapy has a wide variety of functions with the exceptional child, adolescent and adult in medical,

institutional and educational settings. Music is effective because it is a nonverbal form of communication, it is a natural reinforcer, it is immediate time and provides motivation for practicing non-musical skills. Most importantly, it is a successful medium because almost everyone responds positively to at least some kind of music.

Origin of Sound and Music

The origins of Indian music can be traced back to the chanting of the Sama Veda nearly 4,000 years ago. The primacies of the voice, and the association of musical sound with prayer, were thus established early in the history of Indian music.

While music therapy in general can be traced back to biblical times, when David played the harp to rid King Saul of a bad spirit. As early as 400 B.C., Hippocrates, Greek father of medicine, played music for his mental patients. Aristotle described music as a force that purified the emotions. In the thirteenth century, Arab hospitals

contained music-rooms for the benefit of the patients. In the United States, Native American medicine men often employed chants and dances as a method of healing patients. Music therapy as we know it began in the aftermath of World Wars I and II. Musicians would travel to hospitals, particularly in the United Kingdom, and play music for soldiers suffering from war-related emotional and physical trauma.

Treatment Technique

The music therapy model is based on various theoretical backgrounds such as psychodynamic, behavioural, and humanistic approaches. Techniques can be classified as active vs. receptive and improvisational vs. structured. The most common techniques in use with adolescents are musical improvisation, the use of precomposed songs or music, receptive listening to music, verbal discussion about the music, and the use of creative media outlets incorporated into the music therapy. Group meetings and one-one sessions are two main methods for music therapy. Group music therapy can include group discussions concerning moods and emotions in/to music, song writing, and musical improvisation. Groups emphasizing mood recognition and awareness, group cohesion, and improvement in self-esteem.

Therapy for Meditation

Indian classical musical therapy is a complementary therapy that promotes the inbuilt natural healing process. The effects of music are physically, mentally, emotionally and spiritually uplifting. It can be effective by itself and can also be applied as an adjuvant therapy from our ancestors who were spiritually evolved and has realised essential harmony between the human being and nature. Among all the Gandharva Veda which is the constituent of Sama Veda is considered as the Veda of music. While the science of meditation is also one of the most enlightened ways of Sama Veda.

For meditation, Omkar therapy is part of a discipline called music therapy, a type of therapy which allows the improvement of health through music. In particular, through the combination of specific notes (the combination of notes called Raga) acts on specific chakras.

OM is considered as the primordial sound which is created the universe. Also the sound of residue called **Kundalini**. The omkar consists of 4 sounds A and U contracts that give O, and O nasal (anuswara) and M.

- A – kar has the power to activate the left channel or lunar channel.
- U – kar has the power to activate the right channel or solar channel.
- M –kar acts directly on center channel.

Raagas and Kundalini

The 7 basic musical notes of Indian Music which were derived from sounds of nature are used at various levels of meditation. SA- the root note corresponds to the mooldhara, the chakra at the base of the spine. This is the protector of subtle system therefore SA is present in all scales and is constant. Four notes of the Indian scale can be flattened or lowered RE(2nd) GA(3rd) DHA(6th) NI(7th). One note can be sharpened or raised -MA(4th) PA(5th) is also constant like SA. By using mantras of affirmations we not only invoke the qualities of the chakras with the same name of deity (or archetype) present at the chakra but we can also use the notes that give the strongest effect. As you listen to each one try to keep the attention at the Sahasrara level the uppermost chakra at the crown of the head but they are aware of sensations or vibrations.

- *Raga Shyam kalian* helps to activate mooldhara chakra. It allows kundalini to rise gently, easily and naturally.
- *Raga Gujari Tod* has the capacity to cool down the liver and *Raga Yaman* has the power of sustenance. And other ragas together helps to activate swadisthan chakra. They have power to

stabilize wandering attention which is important for meditation.

- *Raga Durga and Bhairavi* have the power to activate heart chakra. They have the divine power and bliss.
- *Raga Jajaiwant* helps to activate vishudhi chakra which controls all the five sense organs.
- *Raga Bhup* is found to purify and open Agnya chakra by deflating the balloon like structure of subconscious and ego. It is also useful for tension release, anger and mental fatigue.
- *Raga Abhogi* helps to activate nabhi chakra and stimulate digestion process.

2. CONCLUSION

This Music Meditation can be an effective form of stress reduction and has the potential to improve quality of life and decrease health care costs. Meditation involves achieving a state of 'thoughtless awareness' in which the excessive stress producing activity of the mind is neutralized without reducing alertness and effectiveness. Classical music with its unique swara/note structure ensures calm and cozy mind by exposure and subdues the emotion provoking situations. Music plays an effective role in subduing the so-called emotional imbalance.

3. REFERENCES

1. Bony, H. (1978) GIM Monograph -2. The role of tapped music programs in the GIM process Baltimore.
2. Bason, B and Celler, (1972). Control of heart rate by external stimuli. Nature 4, 279-280.
3. Haas, F, Distenfield, S and Axen (1986) Effects of perceived musical rhythm on respiratory pattern.
4. Sharma Dinesh (2011) Impact analysis of Music therapy in Humans. 36-37